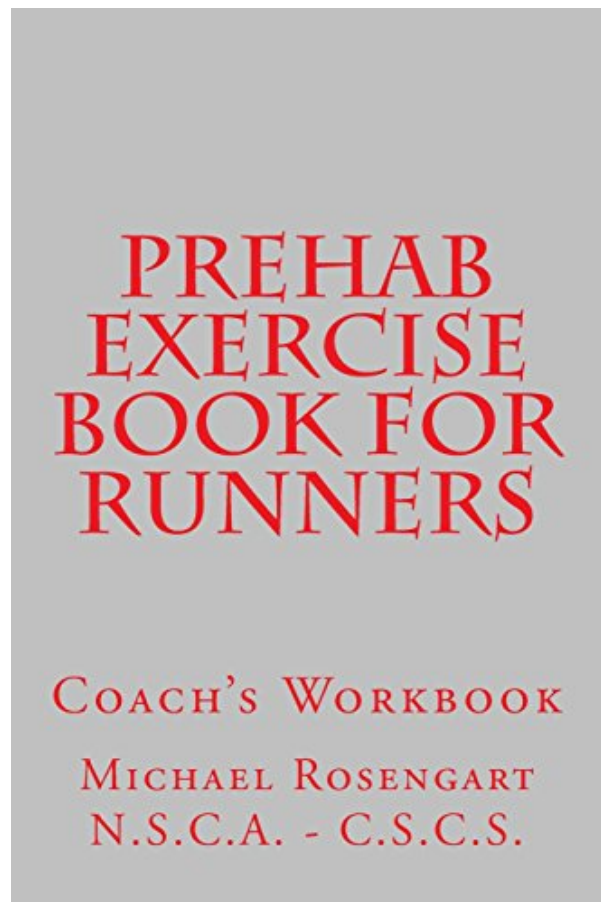


**PREHAB EXERCISE BOOK FOR RUNNERS:
COACH'S WORKBOOK BY MICHAEL
ROSENGART**



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COACH'S WORKBOOK

MICHAEL ROSENGART
N.S.C.A. - C.S.C.S.

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From the Author

'I used to run a lot and run every where because running made me feel on top of the world. Yet, after I broke my leg and ruptured my Achilles twice, I gave up on running for nearly five years because I always felt weak and 'off' when I ran. After I learned about PreHab and adopted it for myself as my training method, I was able to run again- and run fast. Six years after my injuries, I was able to run 6 minute miles because of using PreHab in my training. This was an amazing discovery for me and I wanted to share it with runners every where because I know how much running can do for a person!'-Michael Rosengart NSCA-CSCS

From the Back Cover

Michael Rosengart is a Certified Strength and Conditioning Specialist and a long time runner. PreHab helped Michael lower his 5K time by three minutes. Now, Michael shares PreHab with runners everywhere. PreHab is a training method that helps prepare the body to perform by eliminating weaknesses and imbalances in the body mechanics and re-trains the body to move efficiently. With a series of Evaluation Exercises and corresponding Corrective Exercises, PreHab helps individuals develop and master the functional movement patterns of a given sport or activity. Improve: Mobility, Stability and Running Technique. Includes hundreds of exercise illustrations and instructions, movement evaluations, personal worksheets and color-coded chapters for easy navigating

About the Author

Michael Rosengart is a NSCA Certified Strength & Conditioning Specialist that has been training athletes and clients since 2000. He is also the author of 'The Runner's Toolbox' and the PreHab Exercise Library.

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Certified Strength and Conditioning Coach Michael Rosengart helps coaches and trainers to add PreHab exercises and techniques to their training program with this comprehensive workbook. Evaluate clients and players. Prescribe Corrective Exercises. Track individual progress. Plan effective workouts. This workbook contains over twenty different movement assessments to help evaluate clients and players and over three hundred detailed illustrations of Corrective Exercises. Plus, the workbook contains tables and calendars to keep track of each individual's progress in the training program. Perfect for coaches and personal trainers looking to keep their teams and clients moving forward with their training. Get results. Coach PreHab.

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- 384 pages

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2 of 2 people found the following review helpful.

Paradigm shifting

By Jslabaug

I've been doing prehab with Michael's program for over a year now and his book is a daily must for me. I have a job that I sit at a desk for many hours a day, like most people, and this book provides me the tools and know how to keep my running performance going in the right direction. I've tackled several ailments in my hip, my knee, and my back that weren't particularly severe but were limiting my ability to train. This takes a whole solution approach to getting the body back to a functional performance level This book has given me performance increases all while training less (due to time constraints from my job). The trainers i know and have worked with also agree that this is a must for athletes of any level to maximize efficiency and performance, so i'm pretty confident in the methods. I'm not so sure about the title of the book though because it seems to limit it to just runners. It can really work for any athlete, or non athlete for that matter.

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I was in love with it before I bought it

By Tamara Siddiqui

I followed the author on Facebook and that's what drive me to buy this book. It will be easier to refer to when needed. I was in love with it before I bought it.

1 of 1 people found the following review helpful.

Thank you Breaking Muscle for your review-

By Michael Rosengart

I am Michael Rosengart, the author of the Prehab Exercise Book for Runners, and I wanted to share the following review from Breakingmuscle.com, an online site for coaches and trainers.

'the evaluations in this book and the corrective exercises and program that are laid out will help anyone of any level in any sport or fitness program. You don't need to be active in a specific sport either. Weekend warriors will benefit greatly, and honestly, even people not interested in hitting the gym at all should be using a program like this to stay healthy and mobile. Michael doesn't push this aspect at all, but even as a standalone program I believe his book can benefit everyone.'- Doug Dupont, Breaking Muscle

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